

Manage stress

Name _____ Date _____

Directions: Use the scale legend to rate each item. Then total each group and the whole rubric.

Legend:

5 = DEFINITE STRENGTH (succeeds at a high level without struggling or hesitation)

4 = STRENGTH (succeeds at a high level with some struggle or hesitation)

3 = ACCEPTABLE (hesitates and struggles, but succeeds at a satisfactory level)

2 = NEED (hesitates and struggles and may succeed in parts, but not the whole)

1 = DEFINITE NEED (does not succeed--does not know what to do or gives up quickly or does not try)

	Possible Earned
Be aware of what causes stress	
• Be aware that completing family and school responsibilities causes stress	5 ___
• Be aware that pressure causes stress (deadlines, competition, and expectations)	5 ___
• Be aware that situations cause stress (events, gatherings, accidents, and problems)	5 ___
• Be aware that intensity causes stress (pushing hard, striving, driving, and focus on success)	5 ___
• Be aware that lack of routine causes stress (not eating, sleeping, and relaxing regularly)	5 ___
• Be aware that illness cause stress (colds, injuries, infections, and allergic reactions)	5 ___
• Be aware that emotional stress causes stress (arguments, disagreements, and conflicts)	5 ___
• Be aware that environmental factors cause stress (extremes in temperature, weather, light)	5 ___
Subtotal for Group	40 ___
D Strength=37-40 S trength=29-36 A cceptable=21-28 N eed=13-20 D Weak=8-12	Rating ___
Understand the positive and negative aspects of stress	
• Understand the positive aspects of stress	5 ___
• Understand the negative aspects of stress	5 ___
Subtotal for Group	10 ___
D Strength=9-10 S trength=7-8 A cceptable=5-6 N eed=3-4 D Weak=2-2	Rating ___
Manage day to day stress well	
• Recognize personal stress limits and work to live within limits	5 ___
• Set up routines (eating, sleeping, and exercising)	5 ___
• Builds physical reserves to handle stress	5 ___
Subtotal for Group	15 ___
D Strength=14-15 S trength=11-13 A cceptable=8-10 N eed=5-7 D Weak=3-4	Rating ___
Manage high or prolonged stress well	
• Recognize symptoms when stress gets too high	5 ___
• Resist the use of caffinated beverages	5 ___
• Have a plan for reducing stress when it gets too high	5 ___
• Visit a counselor or professional when stress is unmanageable	5 ___
Subtotal for Group	20 ___
D Strength=18-20 S trength=14-17 A cceptable=10-13 N eed=6-9 D Weak=4-5	Rating ___

Manage stress

Name _____ Date _____

Directions: Use the scale legend to rate each item. Then total each group and the whole rubric.

Legend:

5 = DEFINITE STRENGTH (succeeds at a high level without struggling or hesitation)

4 = STRENGTH (succeeds at a high level with some struggle or hesitation)

3 = ACCEPTABLE (hesitates and struggles, but succeeds at a satisfactory level)

2 = NEED (hesitates and struggles and may succeed in parts, but not the whole)

1 = DEFINITE NEED (does not succeed--does not know what to do or gives up quickly or does not try)

	Possible	Earned
Overall Total	85	___
D Strength=78-85 S trength=61-77 A ceptable=44-60 N eed=27-43 D Weak=17-26	Rating	___

Comments